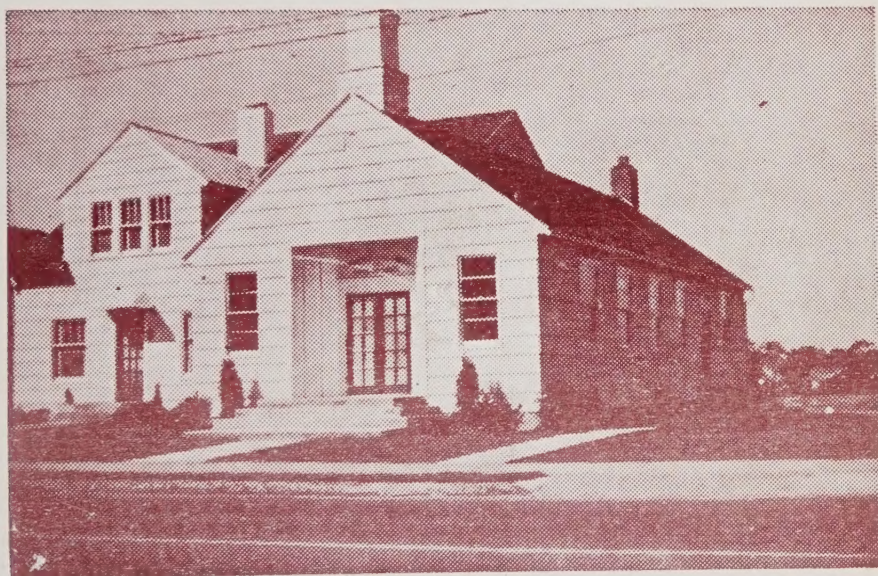


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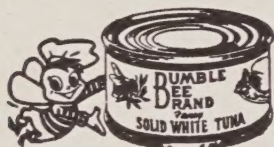
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## DEDICATION

THIS BOOK IS DEDICATED TO THE MODERN HOME. IN OUR HOME TODAY, AS ALWAYS, LIFE IS CENTERED AROUND OUR KITCHENS. IT IS WITH THIS THOUGHT IN MIND THAT WE, THE SPONSORS, HAVE COMPILED THESE RECIPES. SOME OF THEM ARE TREASURED OLD FAMILY RECIPES. SOME ARE BRAND NEW, BUT EVERY SINGLE ONE REFLECTS THE LOVE OF GOOD COOKING THAT IS SO VERY STRONG IN THIS COUNTRY OF OURS.

## EXPRESSION OF APPRECIATION

WE WANT TO EXPRESS OUR APPRECIATION TO ALL THOSE MERCHANTS WHOSE GENEROUS COOPERATION IN THIS PROJECT MADE IT POSSIBLE FOR US TO PUBLISH THIS BOOK.

WE ALSO WANT TO THANK ALL THOSE PEOPLE WHO GAVE SO GENEROUSLY OF THEIR TIME AND ENERGY IN COLLECTING AND SUBMITTING RECIPES AND ASSISTED IN THE SALE. WITHOUT THEIR HELP THIS BOOK WOULD NOT HAVE BEEN POSSIBLE.

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## OUR PURPOSE

The purpose of The Relief Society of the Church of Jesus Christ of Latter-Day Saints are: To manifest benevolence, irrespective of creed or nationality; to care for the poor, the sick, and the unfortunate; to minister where death reigns; to assist in correcting the morals and strengthening the virtues of community life; to raise human life to its highest level; to elevate and enlarge the scope of women's activities and conditions; to foster love for religion, education, culture, and refinement; to develop faith; to save souls; to study and teach the gospel.

## EXPRESSION OF APPRECIATION

We want to express our appreciation to all those merchants whose generous cooperation in this project made it possible for us to publish this book.

We also want to thank the people who gave so generously of their time and energy in collecting and submitting recipes and assisting in any way.



God bless my little kitchen  
I love its every nook  
And bless me as I do my work,  
Wash pots and pans and cook.

And the meals that I prepare  
Be seasoned from above  
With Thy blessing and Thy grace,  
But most of all Thy love.

As we partake of earthly food,  
The table for us spread,  
We'll not forget to thank Thee, Lord,  
Who gives us daily bread.

So bless my little kitchen, God,  
And those who enter in,  
May they find naught  
But joy and peace  
And happiness therein.

Thanks to an unknown author.



## BEATITUDES FOR A HOMEMAKER

Blessed is she whose daily tasks are a labor of love, for her willing hands and happy heart translate duty into privilege, and her labor becomes a service to God and all mankind.

Blessed is she who opens the door to welcome both stranger and well-loved friend; for gracious hospitality is a test of brotherly love.

Blessed is she who mends stockings and toys and broken hearts; for her understanding is a balm to humanity.

Blessed is she who scours and scrubs; for well she knows that cleanliness is one expression of Godliness.

Blessed is she whom children love; for the love of a child is more to be valued than fortune or fame.

Blessed is she who sings at her work; for music lightens the heaviest load and brightens the dullest chore.

Blessed is she who dusts away doubt and fear and sweeps the cobwebs of confusion; for her faith will triumph over all adversity.

Blessed is she who serves laughter and smiles with every meal; for her buoyancy of spirit is an aid to mental and physical digestion.

Blessed is she who preserves the sanctity of the Christian home; for hers is a sacred trust that crowns her with dignity.

## HOW TO COOK A HUSBAND

A good many husbands are entirely spoiled by mismanagement in cooking, and so are not tender and good. Some women keep them constantly in hot water; others freeze them; others put them in a stew; others roast them and others keep them constantly in a pickle. It can not be supposed that any husband will be good and tender managed in this way, but they are really delicious when properly treated. In selecting your husband you should not be buided by the silvery appearance, as in buying mackerel, nor by the golden tint, as if you wanted salmon. Be sure and select him yourself, as tastes differ. Do not go to the market for him, as those brought to the door are always best. It is far better to have none, then not to learn how to cook them properly. It does not make so much difference what you cook him in as how you cook him. See that the linen in which he is wrapped is white and nicely mended, with the required number of strings and buttons. Don't keep him in the kettle by force, as he will stay there himself if proper care is taken. If he splutters or fizz, do not be anxious; some husbands do this. Add a little sugar in the form of what confectioners call "kisses", but no vinegar or pepper on any account. A little spice improves them, but it must be used with judgment. Do not try him with anything sharp, to see if he is becoming tender. Stir him gently the while, lest he stay too long in the kettle and become flat and tasteless. If thus treated, you will find him very digestible, agreeing nicely with you, and he will keep as long as you want.

Unknown

*Relishes*

---

*Pickles*

---

*Appetizers*

---

## WEIGHTS AND MEASURES

3 teaspoons .....	1 tablespoon
2 tablespoons .....	1 liquid ounce
4 tablespoons .....	$\frac{1}{4}$ cup
$5\frac{1}{3}$ tablespoons .....	$\frac{1}{3}$ cup
16 tablespoons .....	1 cup
1 cup .....	8 ounces
2 cups .....	1 pint
4 cups .....	1 quart
8 quarts .....	1 peck
4 pecks .....	1 bushel
2 tablespoons fat .....	1 ounce
$\frac{1}{2}$ lb. butter or fat.....	1 cup
1 lb. water or milk.....	1 pint
1 lb. granulated sugar .....	2 cups
1 lb. brown sugar .....	3 cups
1 lb. confectioners sugar .....	$3\frac{1}{2}$ cups
1 lb. flour .....	about 4 cups
1 lb. rice .....	2 cups
1 lb. pitted dates .....	2 cups
1 lb. cheese .....	5 cups, grated
1 sq. bitter chocolate .....	1 ounce
1 package cream cheese .....	3 ounces or 6 tablespoons
1 c. chopped nutmeats .....	$\frac{1}{4}$ pound
16 marshmallows .....	$\frac{1}{4}$ pound
1 cup egg whites.....	8 - 12 egg whites
$\frac{1}{2}$ pint heavy cream .....	1 cup, whipped
No. 1 can .....	$1\frac{1}{2}$ - 2 cups
No. 2 can .....	$2\frac{1}{4}$ - $2\frac{1}{2}$ cups
No. $2\frac{1}{2}$ can .....	$3\frac{1}{4}$ - $3\frac{1}{2}$ cups
No. 3 can .....	4 cups
No. 10 can .....	12 - 13 cups



## RELISHES, PICKLES, APPETIZERS

### DELICIOUS CHEESE BALLS

3 oz. pkg. Blue Cheese (regular pkg.)	1/4 lb. sharp cheddar cheese
1/2 lb. mild American cheese	1 Tbsp. shredded onion
	1/2 c. salad dressing (mayonnaise)
	2 tsp. Worcestershire sauce

Mix all in blender. Let stand in refrigerator for a short time and roll into balls, then dip in ground nuts.  
Sister Helena Sabourin's friend  
Dorothy Jacobs Buchanan  
Richfield, Utah

### CHOW CHOW

1 flat of green tomatoes	4 sweet red peppers
1 large bunch celery	8 large onions
4 green peppers	

Grind all together and mix with salt to taste. Let set for 3 hours, then drain off liquid and add:

1 1/2 qt. vinegar	3 heaping tsp. turmeric
4 1/2 c. sugar	8 cloves tied in a cloth

Bring to a boil and pack in jars and seal.  
Mrs. Jack Ryan, Sr.

### MIDNIGHT PICKLES

Scald 125 small size dills for 9 mornings, in a weak brine made of small cup of salt to a gallon of water.

Tenth day: Pour this cold solution over cut pickles, plus:

1 pt. vinegar	1 clove garlic
1 c. olive oil	

Then add this boiling hot syrup to:

5 pt. cider vinegar	1 Tbsp. ground allspice
10 lb. brown sugar	2 sticks broken cinnamon
1/2 c. black pepper	

Boil all together a few minutes.  
Barbara Smith

## CLAM CHEESE DUNK

1 pt. cottage cheese	2 Tbsp. minced clams
1 c. cream	garlic salt and salt to taste
2 pkg. Philadelphia cream cheese (3 oz.)	

Beat until smooth with electric mixer or egg beater.  
Serve with potato chips or crackers.

Mrs. Thomas J. McCulley

## SPAGHETTI SAUCE

1/2 c. Wesson oil	1 6 oz. can tomato paste
4 medium onions	1 1/2 Tbsp. Worcestershire sauce
1 clove garlic	dash of cayenne pepper
5 c. tomato juice	

Chop onions and garlic and fry in Wesson oil. Add rest of ingredients and simmer 4 hours. This is excellent canned. Just put in jars and seal after thorough simmering.

Barbara Olsen

## CHILI SAUCE

Wash 8 pounds (about 24 medium size) ripe tomatoes. Scald a few at a time, in boiling water 1 minute, or until skins loosen; dip in cold water; slip off skins. Cut peeled tomatoes in small pieces into kettle. Add:

6 large onions, finely chopped	1/4 c. prepared horseradish
1 small bunch celery, finely chopped	1 1/2 Tbsp. salt
4 c. vinegar	2 tsp. dry mustard
2 c. sugar	1 tsp. paprika
	1 clove of garlic, minced
	1 1/2 Tbsp. whole mixed pickling spice, tied in cheese-cloth bag

Cook 1 hour, stirring occasionally. Pack into hot sterilized jars; seal. When cold, store.

Mrs. Florence Hickey

## GREEN TOMATO MINCEMEAT

1 qt. green tomatoes (chopped)	4 c. sugar
1 1/2 qt. apples (chopped coarse)	3 tsp. cinnamon
1 lb. raisins	2 tsp. allspice
	1/2 tsp. cloves
	1 1/2 Tbsp. salt
	1/2 c. vinegar

-2- Seaside, Oreg.

## GREEN TOMATO MINCEMEAT (Continued)

Mix all ingredients. Bring to a boil, reduce heat and simmer until thick, stirring constantly as the mixture thickens. (About 1 1/2 hours). Pour into sterilized jars, and seal. Dot with butter before top crust is placed, one tablespoon to each pie.

Mrs. Miranda Stringham

## HELEN'S HORS D'OEUVRE

(My own original recipe)

1 large jar French dressing	1/2 tsp. Worcestershire sauce
1/2 c. strong vinegar	1/4 tsp. salt (not iodized)
1/4 tsp. Tabasco sauce	2 small buttons sliced garlic

Place ingredients in quart size open mouthed Mason jar. Shake well and keep refrigerated. (Do not freeze). Will keep six months and can be used over and over. Always shake once or twice when in use.

To Pickle: Place in sauce any of the following:

large whole button mushrooms	dill pickles
canned large whole shrimp	ripe olives
	green stuffed olives
	small whole onions

Leave in sauce for 24 hours. Drain for one hour (save sauce) and stick colored cocktail pick in each. Place on plate or stick in an apple.

Helen VanLeuven

**\*\* EXTRA RECIPES \*\***

\*\* EXTRA RECIPES \*\*





SOUPS



SALADS



BEVERAGES



## FROZEN FOODS

Frozen foods are easy to cook. However they do require a little different handling than fresh foods. The following are rules to observe in cooking frozen foods and some suggestions for their preparation.

In using frozen fruits in place of fresh, allow for the sugar used in preparing the fruit for freezing. In general they may be substituted for the equivalent amount of fresh fruit called for in the recipe.

When thawing fruits, leave in package unopened. Exposure to air robs the fruit of some of its color and flavor. Do not remove fruit from the carton until ready to use.

Frozen fruits to be used in pies, cobblers, etc. need only be thawed enough to spread. Those frozen fruits that are to be cooked may be started cooking from their frozen state. Fruits to be served as a chilled dessert should be served partially thawed while still icy.

Frozen vegetables should be started cooking while they are still frozen. They should be cooked quickly. Frozen vegetables need only be cooked  $\frac{1}{2}$  to  $\frac{1}{3}$  as long as fresh vegetables.

Frozen meats may be started cooking while they are still partially or completely thawed. A quick way of thawing a roast is to place it in an oven at 175 degrees. Do not remove the freezer wrapping.

Frozen poultry may be thawed and cooked or cooked from its frozen state. If cooked from frozen state additional time should be allowed.

Frozen fish may be thawed completely or cooked while still frozen. Allow half again as much cooking time if cooked frozen.

Frozen unbaked pies may be defrosted and baked the same as fresh made pies. Or they may be placed directly in a 400 degree oven and baked. Allow 10 - 15 minutes additional baking time if baked while still frozen.

Frozen baked pies may be thawed at room temperature while still wrapped (2 - 3 hours). Mince and apple pies may be thawed and then placed in 375 degree oven for a few minutes to reheat before serving.

## SOUPS, SALADS, BEVERAGES

### FRUIT COCKTAIL SALAD

- |                             |   |
|-----------------------------|---|
| 1 c. drained fruit cocktail | 1 large red apple, cored and diced (not peeled) |
| 1 sliced banana             | 1 c. miniature marshmallows                     |
| 1/4 c. chopped walnuts      | 1/2 c. commercial sour cream                    |

Mix and let stand in refrigerator for 24 hours to allow marshmallows and apple to mellow. When serving garnish with red or green maraschino cherries. May be served on lettuce leaf or in sherbet dishes without the lettuce.

Erma P. May  
Astoria, Oregon

### COSMOPOLITIAN SALAD

Drain very well:

- |                               |                                |
|-------------------------------|--------------------------------|
| 2 c. chunk pineapple (canned) | 2 c. Mandarin oranges (canned) |
|-------------------------------|--------------------------------|

Add:

- |              |                            |
|--------------|----------------------------|
| 1 c. coconut | 1 c. commercial sour cream |
|--------------|----------------------------|

Mix well and chill overnight. Serve on lettuce leaf and sprinkle chopped nuts for garnish.

Mrs. Mamie Iler

### TUNA FISH SALAD

- |  |                         |
|--|-------------------------|
| 2 7 oz. cans tuna fish                           | 2 tsp. prepared mustard |
| 1 c. chopped celery                              | 1 tsp. vinegar          |
| 1 c. diced cucumber                              | 1/2 tsp. salt           |
| 2 c. cooked peas (well drained, canned or fresh) | 1/2 tsp. sugar          |
| 3 hard-boiled eggs, sliced                       | 8 Spanish olives        |
|  | bits of green pepper    |
|  | 1/2 c. mayonnaise       |

Wash oil from tuna fish with hot water. Then drain and chill. Flake fish, then add vegetables, eggs and mayonnaise, mustard, vinegar, salt and sugar which have been thoroughly blended. Mix lightly. Serve in lettuce cups and garnish with whole olives and bits of green pepper. Serves 8.

Bob Hope

## CABBAGE SALAD

3 c. finely shredded  
cabbage  
1/2 c. finely cut celery

1/2 c. finely shredded carrots  
about 1 c. quick cream dressing

### Quick Cream Dressing:

1 c. thick sour cream  
or evaporated milk  
(sweet)  
2 Tbsp. vinegar  
1 Tbsp. lemon juice

1 Tbsp. finely minced green  
onion  
1/2 tsp. salt  
3 Tbsp. sugar  
a dash of pepper, if desired

Toss the prepared vegetables and dressing together.  
Serve on crisp lettuce. Will serve six.

Hannah M. Hundere

## COLE SLAW

3 c. shredded cabbage  
1 tsp. salt  
1/2 tsp. mustard  
dash cayenne  
1 Tbsp. sugar

1 egg  
1/2 c. hot milk  
2 tsp. butter  
1/4 c. hot vinegar

Shred cabbage. Mix salt, mustard, cayenne and sugar with unbeaten egg in double boiler; add hot milk, then butter. Cook until the mixture thickens. Remove from fire and gradually beat in hot vinegar. Strain and pour over cabbage. Serve cold. Serves six.

Eva Tisor

## GREEN GODDESS SALAD DRESSING

1 c. mayonnaise  
1 clove garlic, minced  
3 or 4 chopped anchovies,  
optional  
4 Tbsp. chives or green  
onions

4 Tbsp. parsley  
1 Tbsp. vinegar  
1 Tbsp. lemon juice  
1/2 c. cultured sour cream  
1/2 tsp. salt and pepper  
Roquefort cheese to taste,  
optional

Anita Layman





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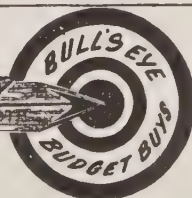
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## CABBAGE-LIME JELLO

("really delish!")

1 pkg. lime jello

1 c. hot water

Add 1 c. diced marshmallows - dissolve in jello and hot water. Add one #2 can crushed pineapple. Let mixture jell to thick syrup; then add:

1 c. chopped nuts

1 c. mayonnaise

1 c. finely shredded  
cabbage

1 c. whipping cream, whipped

Refrigerate for several hours in 7 and 1/2 by 11 and 1/2 inch dish.

Barbara Smith  
San Mateo, Calif.

## CLAM CHOWDER

4 slices bacon, diced

2 large potatoes, diced

2 medium onions, cut fine

Start bacon cooking in pan, add potatoes and onions and brown slightly. Add 2 cups of water and cook until done. Add:

1 c. minced clams

2 c. canned cream

Season to taste. Serve hot at once.

Mrs. Jack Ryan, Sr.

## SPECIAL FRENCH DRESSING

In a 2-cup measuring pitcher mix following ingredients:

1/3 c. sugar

1 tsp. celery salt

1/2 tsp. dry mustard

1 tsp. paprika

1 tsp. salt

1/2 tsp. black pepper

Alternately add:

1/4 c. vinegar

1 c. salad oil

Beginning and ending with the vinegar (use a fork to mix). Add 3/4 c. catsup and blend in with 3 Tbsp. blue type cheese. Grate one small onion directly into the mixture to be sure all the juice and pulp are used. Chill and serve on vegetable salads.

Barbara Nydegger  
Gearhart, Oreg.

## FAVORITE FRENCH DRESSING

1/2 c. salad oil	1 tsp. salt
1/2 c. vinegar	1 tsp. paprika
1/2 c. powdered sugar	1 c. catsup
juice of 1 lemon	1 clove garlic or use garlic seasoning to taste

Mix well and chill. When ready to use, shake well.  
Mrs. H. S. Whittington

## WEDDING PUNCH

5 12 oz. cans frozen lemonade concentrate	3 gal. cold water
2 1/2 (12 oz.) cans frozen orange concentrate	3 gal. pineapple sherbet
	1 gal. vanilla ice cream

Combine concentrates and water, add sherbet and ice cream when you are ready to serve. Take a long knife to cut sherbet and ice cream into juice. Don't fix more than one punch bowl at a time if you just use one bowl. Serves 200. Have ice cream and sherbet in chunks. This is so rich one-half glass is plenty per person.

Alta Heimuller  
St. Helens, Oregon

**\*\* EXTRA RECIPES \*\***



*Miscellaneous* ~ ~

**MEAT SUBSTITUTES**

**VEGETABLES**

## COOKING TERMS

**AU JUS:** With natural gravy.

**ASPIC:** This denotes a savory jelly made from stock or from tomato juice with gelatin.

**AU GRATIN:** Means covered with cheese or crumbs or both and baked.

**BASTE:** To moisten food while baking with juices from pan or other liquid or fat.

**BAKE UNTIL TENDER:** Until a fork or skewer can easily be inserted.

**BLEND:** To mix well.

**BISQUE:** A white soup made of shell fish.

**BOUILLON:** A clear soup stronger than broth, yet not so strong as consomme, which is clear soup.

**CAFE AU LAIT:** Equal parts of coffee and milk.

**CANAPE:** Small open appetizer, served as first course.

**CHARLOTTE:** A pudding made of bread or cake covered with fruit or gelatin.

**CHILL:** To place food in the refrigerator until cold, not frozen.

**CREAM:** To mix shortening in bowl until it is soft and light.

**CROQUETTES:** A savory mince of meat or fish made with a sauce into shapes.

**CUT AND FOLD:** To slice down through a mixture with a spoon and bring it to the top, folding over on the upward stroke.

**ENTREE:** A light dish served between courses at dinner.

**FONDUE:** A light preparation of cheese and eggs.

**FRAPPE:** partly frozen.

**FRICASSEE:** A dish of any boiled meat served in a rich milk sauce.

**GLAZE OR GLACE:** Iced or glossed over. Meats are glazed by covering with concentrated stocks or jellies. Fruits may be frozen or covered with a shiny film of hardened sugar syrup.

**HORS D'OEUVRES:** Appetizing side dishes such as olives, radishes, celery and pickles.

**JULIENNE:** Cut in fine strips or strings.

**KNEAD:** To place dough on a flat surface and work it, pressing down with knuckles, then fold over, repeating several times.

**MARINATE:** To allow fruits or vegetables to stand in dressing or syrup to improve flavor.

**PIQUANT:** A sharp sauce.

**PUREE:** Food boiled to a pulp and put through a sieve.

**SAUTE:** To cook gently in a small amount of fat.

**SCALD:** To heat milk product until scum forms over top (196 degrees F. — not boiling).

GOOEY BUNS

1 lb. big bologna	1/3 c. mayonnaise or salad
3/4 lb. sharp American	dressing
cheese	1 Tbsp. minced onion
1/4 c. prepared mustard	2 Tbsp. chopped sweet pickle

Grind bologna and cheese. Add remaining ingredients and mix thoroughly. Cut Coney buns in half length-wise; spread with butter and then with filling. Wrap each bun in aluminum foil or wax paper and heat in slow oven, 325 degrees, for 25 minutes. Makes 12 buns.

Mrs. Clyde E. Johnson

NORWEGIAN DUMPLINGS

4 eggs	flour
4 tsp. baking powder	1/4 heaping tsp. salt

Place one teaspoon baking powder and one egg in bowl and beat together. Keep adding baking powder and eggs until you have four eggs and four teaspoons baking powder. Beat thoroughly after each addition. Then add enough flour, slowly, until stiff enough to drop from a spoon. Add one-fourth heaping teaspoon salt and beat well.

Drop in chicken broth or tomato soup very lightly and carefully cook with lid off the kettle.

Mrs. Elwood Puhlman  
Seattle, Wash.

BREAD DUMPLINGS

Soak bread in cold water and squeeze out. To 3 c. bread add:

2 eggs	a shake of celery salt and
1/2 tsp. salt	sage or oregano to taste

Snip 2 strips of bacon and fry. Add 1 small onion. When clear, add to first mixture. Mix well and add enough flour so dumplings will hold together when formed into small balls and dropped into boiling salt water, broth or stew gravy. If cooked in salt water dumplings may be "rolled" in hot ham fat before serving. Cook same as other dumplings.

Mrs. Fred Hinz

## GOOD CHOP SUEY

- |                         |                              |
|-------------------------|------------------------------|
| 1 lb. pork, cubed       | 2 cans bean sprouts          |
| 2 large onions, sliced  | 3 Tbsp. soy sauce            |
| 2 c. celery             | mushrooms                    |
| 1 beef bouillon cube in | 2 Tbsp. cornstarch made into |
| 2 c. water              | paste                        |

Fry meat, add onion, celery and 2 cups of bouillon. Cook for 10 minutes; add bean sprouts and soy sauce. Heat thorough and add cornstarch paste. Serve over fried noodles. Have fried rice. Cook rice, then fry in bacon fat or cubed bacon.

Jennie Thompson  
St. Helens, Oregon

## DEVILED DENVER SANDWICH

Shake together in a jar:

- |                             |                           |
|-----------------------------|---------------------------|
| 2 eggs                      | 1 Tbsp. milk              |
| 1 Tbsp. minced onion        | 1 regular can deviled ham |
| 1 Tbsp. minced green pepper |                           |

Pour into skillet and brown quickly in hot fat. Serve on open faced bun.

Edna Marshall

## AMERICAN GOULASH

- |                        |                         |
|------------------------|-------------------------|
| 1 pkg. macaroni or     | 2 cans tomato soup      |
| noodles                | 1 green pepper, chopped |
| 2 lb. hamburger        | 1 c. chopped celery     |
| 2 onions, chopped fine | 1 1/2 Tbsp. oil         |

Fry onion, celery, pepper about 10 minutes. Add meat and fry until brown. Add soup, salt and pepper. Add to macaroni or noodles and bake in greased dish for 45 minutes at 400 degrees.

Mrs. Elwood Puhlman  
Seattle, Wash.

## AMERICAN CHOP SUEY

(Mrs. May's own original recipe).

- |                    |                                  |
|--------------------|----------------------------------|
| 1 c. chopped onion | 2 c. shredded cabbage            |
| 1 c. diced celery  | 1 c. bean sprouts or green beans |
|                    | (sliced lengthwise)              |

## AMERICAN CHOP SUEY (Continued)

1/2 c. mushrooms, sliced	3 Tbsp. soya sauce
1 can cream of mushroom or chicken soup	1 Tbsp. Worcestershire sauce
1 c. water	1/2 tsp. hot sauce
2 c. diced cooked chicken or pork	salt to taste
	chicken fat or butter
	cooked rice or noodles

In chicken fat or butter fry onions and celery until golden brown. Add shredded cabbage, place tight lid on fry pan, and cook over low fire for 10 minutes, stirring occasionally, so it won't burn. Add rest of ingredients (except noodles or rice). Simmer for 10 minutes and serve over rice or noodles. Serves six or eight.

Erma P. May  
Astoria, Oregon

## CASSEROLE

Fry together in 2 Tbsp. oil:

1 lb. hamburger	2 chopped onions
-----------------	------------------

Add:

1 can mushroom soup	1/2 c. uncooked rice
1 can chicken soup	1/4 c. soy sauce
1 1/2 cans water	1/4 tsp. pepper

Cook altogether in a casserole. Bake 30 minutes with lid on and 30 minutes with lid off. Sprinkle top with one can of Chinese noodles and bake 15 minutes longer.

Jennie Thompson  
St. Helens, Oregon

## FULL MEAL CASSEROLE

1 onion	1 can tomato soup
2 Tbsp. chopped celery	1 can tomato paste or hot sauce
2 Tbsp. fat	salt and pepper
1 lb. ground beef	3/4 lb. noodles
1/2 lb. ground pork	1 1/2 c. grated cheese
2 c. cooked corn	

Cook onion and celery in fat until clear. Add beef and pork and cook until it loses its raw appearance. Add corn,



## FULL MEAL CASSEROLE (Continued)

tomato soup and paste. Salt and pepper if necessary. Cook noodles in boiling salt water until tender. Place layers of noodles and meat mixture in layers in casserole, sprinkling each layer with cheese. Bake at 350 degrees for 45 minutes. Serves six.

Ethel Kearsley

## CARROT LOAF (meat extender)

1 c. milk	1 Tbsp. salad oil
3 eggs	1 1/2 c. grated raw carrots
1 tsp. salt	1/2 c. dry bread crumbs
dash of pepper	1/2 c. chopped or ground nuts
1 Tbsp. sugar	1 c. cooked rice or rolled oats

Add milk to well beaten eggs. Add salt, pepper, sugar and salad oil. Mix carrots, bread crumbs, nuts and rice (or rolled oats). Fold into first mixture and turn into a greased loaf pan and bake in moderate oven, 350 degrees, for one hour. Serve with a cream sauce to which hard cooked eggs, or peas have been added.

Gertrude Lacy  
Jewell, Oregon

## CHILI-MACK

1/2 lb. hamburger	1 tsp. salt
1/2 green pepper	1/8 tsp. pepper
1/2 small onion	1 tsp. sugar
1 1/2 c. tomatoes	1 tsp. chili powder
2 c. cooked macaroni	2 tsp. vinegar
1 c. cooked kidney beans	1/2 c. water

Fry hamburger. Add onion, pepper, etc. Bake one hour at 375 degrees.

Janet Teevin

## CRUSTY BACHELORS

Blanche Brown

These crunchy-crust potatoes are simple to prepare, yet too delicious to overlook. Use rather small baking potatoes; scrub, dry, coat well with softened butter or bacon drippings, and roll in fine corn flake crumbs -- taking up as much of the crumbs as possible. Place in a greased casserole, or Dutch oven, and bake, covered at 450 degrees, until well done. The skins are almost the best part! Remove cover the last few minutes.

## MOTHER'S MAGIC BREAD RING

(dated 1887--and still magical)

- |   |   |
|---|---|
| 2 c. soft bread crumbs,<br>medium fine          | 1/2 lb. chopped raw veal or beef                      |
| 1 tsp. baking powder,<br>dusted over them       | 2 1/2 c. cooked, mashed and<br>seasoned winter squash |
| 1/4 lb. chopped (ground)<br>raw pork or sausage | 1 whole egg, unbeaten<br>salt and pepper to taste     |

Mix these in order given, pack into greased ring mold and bake about one hour in a moderate oven, 375 degrees, or until done. Turn out on a platter and fill center with finely chopped cole slaw or creamed fresh vegetables in any mixture.

Blanche Brown

## GREEN BEANS ORIENTAL

Drain one pound of French cut cooked green beans. Pour over beans this mixture:

- |                                       |                      |
|---------------------------------------|----------------------|
| 2 Tbsp. melted butter<br>or bacon fat | 6 Tbsp. water        |
| 1 tsp. cornstarch                     | 1 1/2 tsp. soy sauce |

Boil one minute, then add 1/4 c. sliced drained water chestnuts (canned may be used). Heat well. (20 minute preparation - serves 4).

Dorothy Giller

## BAKED BEANS

- |                    |                          |
|--------------------|--------------------------|
| 2 c. white beans   | 1 scant tsp. dry mustard |
| 1/4 c. molasses    | 1/4 tsp. ginger          |
| 1/4 c. brown sugar | 1/4 tsp. allspice        |
| 1 tsp. salt        | salt pork, bacon or ham  |

Simmer beans until skins pop. Put beans (drained) in bean pot. Cover with above mixture. Bake, covered, at 275 degrees for 5 hours.

Annette Mariels  
Portland, Oregon

## BOW-WOW BEAN BAKE

- |                   |                          |
|-------------------|--------------------------|
| 1 c. sliced onion | 2 #2 cans pork and beans |
| 2 Tbsp. fat       | 2 Tbsp. molasses         |
| 8 frankfurters    | 1 Tbsp. prepared mustard |

## BOW-WOW BEAN BAKE (Continued)

1/4 tsp. salt

2 medium tomatoes, peeled and  
sliced or 1 c. drained canned  
tomatoes

Cook onions in fat until tender. Slice 2 franks in rounds and combine with **ingredients**. Use remaining franks on top, arranged in spoke fashion. Bake at 350 degrees for 30 minutes.

Margaret Wolf

**\*\* EXTRA RECIPES \*\***

**MEAT**

**FISH**

*Poultry*

## ROASTING

### MEAT

#### Beef

	Set Temperature	Time in Minutes per Pound	Time in Min. per Lb. Started Cooking from Frozen State
Standing Rib 6-8 Lbs.	300	Rare 18-20 Medium 22/25 Well Done 27-30	43 47 55
Less than 6 pounds	300	Rare 33 Medium 45 Well Done 50	55 60 65
Rolled Ribs	300	Rare 32 Medium 38 Well Done 48	53 57 65
Rump (high quality)			
Standing	300	25-30	50
Rolled	300	30-35	55

#### Lamb

Leg	300	30-35	40/45
Rolled Shoulder	300	40-45	40-45
Shoulder (bone in)	300	30-35	40-45

#### Veal

Leg	300	25-30	40-45
Shoulder	300	25	40-45
Boned and Rolled	300	40-45	40-45

#### Pork

Loin	350	35-40	50-55
Fresh Ham	350	30-35	50-60

#### Smoked Pork

Ham (New style)	300	15	
Ham (New style) Half	300	18-20	
Ham Butts	300	35/40	

### POULTRY

#### Chicken

Stuffed 3-4 lbs.	350	45-40	
Stuffed 4-5 lbs.	350	40-35	
Stuffed over 5 lbs.	325	35/30	

#### Turkey

8-10 lbs.	325	25-20	
10-14 lbs.	325	20-18	
14-18 lbs.	300	18-15	
18-20 lbs.	300	15-13	

#### Goose

10-12 lbs.	325	30-25	
------------	-----	-------	--

#### Duck

5-6 lbs.	350	35-30	
----------	-----	-------	--



## MEAT, FISH, POULTRY

### PORK CHOP SURPRISE

4 loin pork chops	4 tsp. sugar
4 large apples	1 tsp. cinnamon
8 pitted prunes	2 tsp. butter

Salt, pepper and flour the pork chops. Fry until brown on both sides. Place in casserole.

Core the apples, put two prunes in each cavity. Put 1 teaspoon of sugar mixed with the cinnamon and 1/2 Tbsp. butter on top of the prunes in each apple. Place an apple on top of each pork chop. Pour one cup of water in casserole. Cover and bake 1 hour in 350 degree oven.

Mrs. Erma P. May

### SULPZ

(pronounced sultz)

4 large pork hocks	1 Tbsp. mixed pickling spices
enough water to cover	(in bag)
while cooking	1 Tbsp. sugar, white or brown
1 lb. veal	1 tsp. salt
1 large onion	1 lemon peeled thin (sliced)
1/2 c. vinegar	a few bay leaves
	1 1 inch deep cake pan

Boil the meat until tender, remove the meat. Save liquid meat is cooked in. Cut meat in small thin pieces. Add spices and vinegar to liquid and meat. Cook six minutes and remove the spices. Add the lemon peel and other ingredients. Boil 2 minutes. Pour into mold and cool.

(My Mother's recipe - 100 years old).

Mrs. Helen Van Leuven

### SWEET AND SOUR SPARERIBS

3 lb. ribs, cracked and separated in 1 inch pieces

Cover with boiling salted water. Boil 1 hour. Drain. Brown in 1 Tbsp. oil. Drain. Mix:

2 Tbsp. brown sugar	2 Tbsp. cornstarch
---------------------	--------------------

Stir in:

1/4 c. vinegar	1/4 c. cold water
----------------	-------------------

## SWEET AND SOUR SPARERIBS (Continued)

1 c. pineapple juice  
1 Tbsp. soy sauce

1 bouillon cube  
1/4 c. boiling water

Add all to ribs and cook until clear. Stir constantly.

Add:

1/4 c. chopped onion  
3/4 c. crushed pineapple

3/4 c. chopped carrot  
3/4 c. chopped green pepper

Cook together until vegetables are transparent, but still crispy.

(Taken from a Chinese Cookbook).

Mrs. Barbara Smith

## ANNIE GRANT'S FAVORITE HAMBURGER DISH (recipe from Scotland)

1 lb. hamburger  
1 onion  
1 green pepper

1 Tbsp. flour  
salt and pepper to taste

"Scramble" hamburger in a little fat in hot deep fry pan or heavy saucepan until all rawness disappears. Slice one onion (lengthwise); chop or slice green pepper; add both to hamburger and mix well. Add seasoning and tablespoon of flour and stir, mixing well. Add enough water to make a rather soupy mixture and cook, covered, for one to 1 1/2 hours. When done, drop dumplings over boiling mixture and cook. Cover pot.

Note: This recipe can be varied by adding carrots or tomatoes.

Clara Anderson

## KORV (Swedish Sausage)

2 lb. ground beef  
1 lb. unseasoned pork  
sausage  
18 whole allspice, crushed

5 level tsp. salt  
3 lb. ground raw potatoes  
1 large onion, ground

Mix together and stuff into sausage skins -- or bake in a casserole -- or put in one-pound cans and steam for one hour or until done.

Elsa Nelson

## MOOSE, ELK OR VENISON ROLL - ALASKA STYLE

Sprinkle a flank of wild game meat with salt - pepper, ginger and sliced onion. Roll, wrap firmly with string. Place in brine. To make brine: Add pure salt in enough water to cover meat, heat water to dissolve salt. The brine should float a small raw potato. Add 1 ounce of saltpeter. Cool brine and pour over the meat roll. Put weight on top of a lid to keep meat roll under the brine. When ready to use, boil the roll 2 hours in fresh water and then put into a pan and with a weight, press firmly into a firm loaf. When cold, slice very thin for sandwiches or to serve on cold meat tray.

Mrs. Helen VanLeuven

## OVEN FRIED CHICKEN (Dixie's Style)

Heat oven to 400 degrees.

For one medium size fryer - melt one cube of butter (use margarine if you like) and crush one large package of potato chips. Sprinkle crushed chips with garlic powder and a little sage. Roll chicken first in butter and then in crushed chips. Place chicken pieces on a large baking sheet (do not stack) and bake 1 to 1 1/2 hours.

(I do not salt the chicken - the butter and chips add enough salt for most people). This is a real easy recipe and real good.

Mrs. Dorthy Gevin (Gwin)  
Daughter of Sister Edna Marshall

## BEEF ROULADEN

1 round steak, cut                      salt and pepper  
very thin

Cut in large individual servings. On each piece place as much as you can of chopped bacon, onion, and dill pickles, and roll up. Fasten with toothpicks or thread. Brown all sides well in bacon drippings or fat, and roast until done. Makes wonderful gravy.

Mrs. Roy Culver

## CRAB CAKES

2 c. crab meat                      1 egg  
1/4 tsp. salt                      flour  
dash of pepper

## CRAB CAKES (Continued)

Mix crab meat, salt, pepper and egg. Shape into small cakes and dredge lightly in flour. Fry in deep fat for 2 to 3 minutes or until golden brown.

Compliments of the Deep Sea  
Market, Seaside, Oregon

## EAST INDIAN FISH FILLET

Prepare sauce by mixing together:

1 can prepared tomato	1 large tsp. curry powder
sauce paste, 8 oz. can	1 tsp. salt (not iodized)
2 1/2 Tbsp. water	1/4 c. very finely diced onion

Use any kind of fish fillets - one pound. Place fish in greased pan or glazed baking dish. Pour the sauce over fish. Sprinkle over this to cover quite thick, 3 1/2 Tbsp. finely ground bread crumbs and place here and there over this, dots of butter, or oil can be sprinkled on top of bread crumbs. Bake 40 to 45 minutes in 400 degree oven. Serve hot.

Mrs. Sally Tivan

New Delhi, India

(Niece of Mrs. Helen VanLeuven)

**\*\* EXTRA RECIPES \*\***

*Rolls*

*Pies*

*Pastries*



## HINTS

**Greaseless Griddle Cakes:** When making griddle cakes grease the pan for the first cake. After that rub a piece of raw potato over hot griddle instead of greasing. The cakes brown nicely and there will be no smoke.

**Sugar in Fruit Pies:** When making fruit pies sprinkle the sugar under the fruit instead of on top. The juice will boil up through the fruit and not out and over the top.

When the custard pie shrinks away from the crust it has been baked in too hot an oven.

When cutting cream pies dip the knife in warm water and none of the filling will stick to the knife.

To prevent the bottom pie crust from becoming soggy, grease pie pans with butter. The crust will be soft and flaky.

Toast the nut meats and while hot add a little butter. Then your nut bread will take on a new aristocracy.

Meringue will always stand up high and perfect if a generous pinch of baking soda is added to beaten whites.

A few whole cloves in the kettle of frying fat will give the doughnuts a better flavor.

Dry biscuits are caused from baking in too slow an oven and handling too much.

Coarse textured muffins are caused from insufficient stirring and cooking at too low a temperature.

To glaze the top of rolls, cookies or pies brush the top before baking with 1 egg white slightly beaten with 1 Tbsp. milk, then bake.

## ROLLS, PIES, PASTRIES

### FRENCH PASTRY SQUARES

1 c. flour  
1/3 c. butter

1/4 c. brown sugar, firmly  
packed

#### Topping:

2 eggs, beaten  
2 Tbsp. flour  
1 tsp. baking powder  
1 1/2 c. brown sugar, firmly packed

1 c. chopped nut meats  
1 c. coconut  
1 tsp. vanilla

Work first three ingredients together. Pat into 7x12x2 inch pan. Bake at 350 degrees about 10 minutes. Mix all topping ingredients together thoroughly. Spread over baked layer and bake 20 to 25 minutes longer at 350 degrees. Cool and cut in squares.

Anita Layman

### CRANBERRY NUT LOAF

#### Cream:

1 c. sugar  
1/4 c. shortening

Add 2 beaten eggs.

1 c. ground fresh or  
frozen cranberries

1 c. chopped walnuts  
2 c. any biscuit mix

Mix well and bake 1 hour at 350 degrees.

Mrs. Roy Culver

### OATMEAL NUT BREAD

2 1/4 c. sifted flour  
3 tsp. baking powder  
3/4 c. sugar  
1 tsp. salt  
1 c. Alber's oats

1/2 c. chopped nuts  
3/4 c. milk  
1 egg  
2 Tbsp. melted shortening or  
oil  
1 tsp. vanilla

Mix dry ingredients together, add oats and nuts. Mix well. Beat milk, egg, shortening and vanilla together. Add milk mixture to dry ingredients. Stir lightly until just blended. Pour into paper-lined loaf pan, 9x5x3 inches. Bake in moderate oven, 350 degrees, 50-60 minutes, or until brown.

Pauline Wakeman

## MY FAVORITE BANANA NUT BREAD

1 3/4 c. sifted all  
purpose flour  
2 tsp. baking powder  
1/4 tsp. soda  
1/2 tsp. salt

1/3 c. shortening (soft)  
2/3 c. granulated sugar  
2 eggs, unbeaten  
1/2 c. coarsely chopped nuts  
1 c. mashed ripe bananas  
(generous)

Preheat oven to 350 degrees. Grease 9x5x3 inch loaf pan. Sift flour, baking powder, soda and salt. Thoroughly cream shortening with sugar, then add eggs and beat until very light and fluffy. Then at low speed beat in dry ingredients alternating with bananas. Stir in nuts. Pour into pan and bake for 1 hour. Cool in pan for 10 minutes. When thoroughly cooled, wrap and store at least overnight.

Alice Mecham

## HEALTH BREAD

In 1/2 c. warm water dissolve 1 pkg. of yeast. Heat 1 cup potato water to which has been added approximately 1/2 cup mashed potato. Add 1 cup canned milk.

1 3/4 c. white flour  
3/4 Tbsp. salt

2 Tbsp. vegetable oil  
4 Tbsp. brown sugar

Add yeast mixture to the above ingredients, and beat well. Then add 1 cup whole wheat flour, and beat again; keep adding 1 cup whole wheat flour, one cup at a time, beating well after each cup until you have a very soft dough that can be handled well. Cover and let rise until double in bulk; knead and mold into pans. Bake at 400 degrees for 45 minutes (approximately).

Marie Atwood  
Portland, Oregon

## HINTS FOR PASTRY PERFECTION

1. Have all ingredients thoroughly chilled.
2. Make pastry just soft enough to handle easily.
3. Roll lightly, keeping dough smooth and compact in shape.
4. Use only enough flour on board to prevent sticking.
5. Never stretch pastry either on board or onto pie plate.
6. Avoid unnecessary handling.

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## HINTS FOR PASTRY PERFECTION (Continued)

7. If possible, chill before baking.
8. Good pastry greases its own pan.
9. Bake pastry shells (unfilled crusts) at 425-450 degrees 15-20 minutes; filled pies at 425-450 degrees for first 15 minutes, after which reduce to 350-375 degrees (unless recipe states other temperatures).
10. Bake pastry shells between two pie plates, removing upper one for few minutes of baking in order to brown.
11. Or bake pastry shells over inverted pie plates, or tartlet shells over inverted muffin pans, in which case prick pastry with fork before baking to prevent blistering.
12. For very juicy fillings sprinkle 1 tablespoon quick-cooking tapioca among filling.
13. Always bake meringue in a cool oven, 325 degrees, long enough to cook egg whites thoroughly so as to prevent falling.

This material is taken from "Just for Two" by Lily Haxworth Wallace - Published by M. Barrows & Co., Inc.

Lois S. Rawls

### APPLE BUTTER PIE

#### Crust:

- |                   |                             |
|-------------------|-----------------------------|
| 1/2 c. shortening | 4 Tbsp. lemon juice         |
| 1 1/2 c. flour    | 1 egg yolk, slightly beaten |
| 1 tsp. salt       |                             |

Cut fat in flour until size of peas. Use fork to beat egg yolk and lemon juice, and to mix them with flour mixture. Form crust and put in pie tin. Bake this at 400 degrees for 5 minutes. Put filling into pie shell and bake 1 hour at 350 degrees.

#### Apple Butter Filling:

- |                           |                                 |
|---------------------------|---------------------------------|
| 1 1/2 c. apple butter     | 1 Tbsp. flour                   |
| 3 egg yolks               | 1/4 c. sugar                    |
| 1 1/2 Tbsp. melted butter | 1/2 tsp. salt                   |
| 1 Tbsp. corn syrup        | 1 c. evaporated milk, undiluted |

(Note: more cinnamon may be added to apple butter if desired).

Top pie, after baking, with whipped cream or meringue. (Use only 2 Tbsp. sugar per egg if meringue is used).

Dorothy Stewart Giller

## TWO-CRUST LEMON PIE

1 1/2 c. sugar	1/4 c. soft butter
2 Tbsp. flour	3 eggs, beaten
1/8 tsp. salt	1 grated lemon rind
1/2 c. water	1 paper-thin sliced lemon (medium size or 1/3 c.)

Sift together sugar, flour and salt. Blend with dry ingredients soft butter and mix well with a spoon. Beat eggs (after reserving 1 teaspoon egg white for crust). Add well-beaten eggs - blend until smooth, add lemon rind and lemon slices - stir with spoon until well blended and add 1/2 cup water mix well. This makes a thin mixture which now is poured into an unbaked pie crust and covered with top crust which has slits in it. Brush top crust with egg white and sprinkle with sugar and cinnamon mixture. Bake at 400 degrees for 30-35 minutes.

Lois S. Rawls

## BUTTERMILK PIE

Pastry for 10 inch pie.

1 c. sugar	2 tsp. vanilla
3 Tbsp. sugar	2 c. buttermilk
1/4 tsp. salt	1/2 c. melted butter or margarine
3 eggs, separated	

Mix sugar, salt and flour. Add egg yolks which have been slightly beaten. Buttermilk, butter and flavoring. Blend well. Then fold in the stiffly beaten egg whites and pour into unbaked pie shell. Bake at 450 degrees for 10 minutes. Decrease heat to 325 degrees for 30 minutes or until golden brown and done.

Mary Breitmeyer

## PUMPKIN PIE

1 9 inch unbaked pie shell	1/2 tsp. salt
3 eggs, slightly beaten	1 1/2 tsp. cinnamon
2 c. evaporated or top milk, beat in	1/2 tsp. ginger
	1/2 tsp. cloves
1 1/4 c. sugar, part brown, if you desire	1 3/4 c. pumpkin

Bake 15 minutes in 425 degree oven, reduce temperature to 350 degrees for 1 hour.

Mrs. Sidney Tewksbury

## "RITZ" PIE

Beat 3 egg whites very dry. Add 1 c. sugar and beat again. Add:

1/2 tsp. baking powder                      3/4 c. walnuts  
14 Ritz crackers, crumbled

Pour into buttered 9 inch pan and bake 30 minutes in 350 degree oven. When cold, beat 1/2 pint cream stiff and cover pie. Let stand overnight.

Mrs. Janet Teevin  
(Pauline Wakeman's girl friend)

## "O BOY! NUTMEG SAUCE"

(Clipped from the "Cottage Hearth Magazine" in 1883-- and O Boy!, good every since!).

1 c. granulated sugar                      1 egg  
1/2 c. butter or                              3/4 c. boiling milk  
margarine                                      nutmeg to taste

In top of double boiler, cream sugar and butter well, then beat in the whole egg. Warm over hot water, then add all the milk and cook until creamy, stirring constantly; but do not over cook or allow to boil or it will curdle. Stir in a dash of nutmeg and leave a sprinkle on top to garnish. It's fine hot or cold on any steamed pudding; but special on apple or peach pie or dumplings.

Blanche Brown

## SOUR-DOUGH STARTER -- SOUR-DOUGH HOTCAKES

(From our new State Alaska -- presented by Helen VanLeuven).

Place in sour-dough pot (half-gallon crock) (or Mason jar):

2 c. lukewarm water                      1 cake Fleischmann's yeast

Add 3/4 cup or just enough flour to make a thick batter. Place in pot and put in warm place for 24 to 48 hours.

Hotcakes: (Take batter out night before).

3 c. batter (if for large                      2 eggs lightly beaten  
amount)                                      1/2 tsp. soda dissolved in  
lukewarm water (about 1 Tbsp.)

## SOUR-DOUGH STARTER -- SOUR-DOUGH HOTCAKES (Continued)

4 Tbsp. melted fat

Mix well and bake on lightly greased griddle.

While sour-dough starter is not in use place in a cool place. When needed again for hotcakes add:

2 c. water

1 tsp. salt

2 1/2 c. flour

Beat well and set in warm place. Then take from this batter to make hotcakes.

Helen VanLeuven

(formerly of Flatt, Alaska)

## WHOLE WHEAT YEAST MUFFINS

1 yeast cake or 1 pkg.

dry yeast

1/4 c. lukewarm water

1 1/2 tsp. salt

3 Tbsp. shortening

3 Tbsp. dark molasses

3/4 c. milk, scalded

2 eggs, beaten

1 c. whole wheat flour

1 c. white flour

Dissolve yeast in lukewarm water in large bowl. Add shortening, salt, molasses. Add scalded milk and stir until melted. Cool to lukewarm. Add beaten eggs, yeast and the two flours blended together. Mix well and put in warm place to let rise until double in bulk. Put batter in greased muffin tins and let rise until double in bulk. Bake at 400 degrees about 20 minutes.

Hannah M. Hundere

## EXTRA QUICK BUTTER STICKS

Heat oven to 450 degrees. Melt 1/4 cup butter. Pour half into 8 inch square pan. Roll unbaked biscuits from 1 can of frozen biscuits - twisting to about 8 inch lengths. Place in pan. Pour rest of butter over tops. Sprinkle with caraway, poppy, celery or sesame seeds.

Bake 8 to 10 minutes until golden brown. Let stand in pan 2 minutes to absorb the butter. (One can of biscuits makes 10 sticks). (Make plenty -- they are really good).

Dorothy Gwin

Sister Marshalls Daughter

## POTATO DOUGHNUTS

3 Tbsp. butter	1/4 c. milk
7/8 c. granulated sugar	2 1/2 c. sifted flour
3 egg yolks, well beaten	3 tsp. baking powder
1 egg white, well beaten	1/2 tsp. salt
1 c. freshly mashed potatoes	1/2 tsp. cinnamon or nutmeg

Sift dry ingredients together. Cream butter, beat in sugar and eggs; stir in potatoes, milk and dry ingredients. More flour may be used if mixture is too soft to handle. Roll on floured board 1/4 inches thick. Cut and drop into hot deep fat. Turn doughnuts soon as they come to top of fat; continue turning until brown. Drain before taking from pan. Place on crushed paper and cool. Coat with powdered sugar or frosting.

Eva Tisor

**\*\* EXTRA RECIPES \*\***

\*\* EXTRA RECIPES \*\*



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## HINTS

Roll raisins in flour before stirring them into a cake to prevent them from going to bottom.

When making cookies add 1 tsp. jam or jelly. The cookies will have a better flavor and stay moist longer.

2 Tbsp. of lemon juice added to 1 c. of milk will sour it immediately.

In making rolled cookies chill cookie dough for about  $1\frac{1}{2}$  hour. The dough will be much easier to handle and will require much less flour, therefore will make a more tender cookie.

To substitute cocoa for chocolate use 3 Tbsp. cocoa in place of each square (1 oz.) chocolate called for. If substituting cocoa for chocolate in batter, also add 1 Tbsp. shortening for every 3 Tbsp. cocoa used.

Cracks and uneven surface of cakes may be caused by too much flour, too hot an oven and sometimes from cold oven start.

Add several drops of vinegar to icing while beating and it will be soft and seldom grainy.

## CAKES, COOKIES

### BRAUNE PFEFFERNUSSE (Brown Pepper Nuts)

(An old German recipe for Christmas cookies).

2 1/2 lb. flour	1 heaping Tbsp. soda
1 1/4 lb. Karo syrup or molasses	1/2 lb. sugar
1/2 lb. fat (butter and lard mixed)	1 tsp. cinnamon
	1 tsp. cloves
	3 eggs

Let the syrup with the fat in it come to a boil. Dissolve the soda in a little vinegar and add to the boiling syrup very carefully. Take from stove at once and pour over the flour to which the spices have been added. Let cool awhile. Then add sugar and well-beaten eggs. Work with hands until smooth. Put dough in a cool place and let stand several weeks. When ready to bake cut off pieces of dough, roll into long roll and cut off pieces 3/4 inch thick. Roll in granulated sugar and place on greased cookie sheet. Bake in moderate oven for 15 minutes.

Note: The longer the dough stands the better the cookies will be. These cookies will keep indefinitely.

Mrs. Emma Nordmark

### ICE BOX COOKIES

1/2 c. butter	1 c. nuts
1/2 c. shortening	1 tsp. soda
1 1/2 c. flour	1 egg
1 c. brown sugar	1 tsp. salt
1 c. white sugar	

Mix and shape into roll or square. Chill overnight. Slice and bake.

Leona F. Forsgren

### "GERMAN NUT" COOKIES"

1 c. butter	1 c. ground walnuts
1 1/2 c. flour	4 egg yolks
1 c. sugar	1/3 c. lemon juice

Either roll and use cut-outs or use a cookie press. Bake in 325 degree oven for about 12 minutes.

Mrs. Edgar Wakeman  
Pauline Wakeman's mother-in-law

## CHOCOLATE PECAN COOKIES

1 lb. sweet milk chocolate	1 c. chopped dates
2 sq. unsweetened chocolate	1/4 tsp. salt
1 c. chopped pecan meats	5 c. corn flakes

Melt chocolate over warm water. Combine nut meats, dates, salt and corn flakes. Pour melted chocolate over and stir until well mixed. Drop teaspoonfuls on waxed paper and chill in refrigerator until firm, about 1 hour.

Mrs. Edgar Wakeman  
Pauline Wakeman's mother-in-law

## CHERRY COOKIES (Quick mix method)

2 c. sifted enriched flour	1 tsp. vanilla
1/2 tsp. soda	2 Tbsp. milk
1 tsp. salt	1/2 c. chopped nuts
1 c. brown sugar	1/2 c. chopped candied or maraschino cherries
3/4 c. new-type shortening	1/2 c. coconut
1 egg	

Sift together flour, soda and salt. Add sugar, shortening and egg. Mix vanilla with milk, add to flour mixture. Stir to combine ingredients, then beat 2 minutes. Stir in nuts, cherries and coconut. Drop by teaspoonfuls on greased baking sheets. Bake in moderate oven, 375 degrees, 10 to 15 minutes. Makes about 4 1/2 dozen 2 inch cookies.

Mamie Iler

## FILBERT MACAROONS

1 c. fine ground filberts	1/3 c. sugar
1 egg white, beaten stiff	1 tsp. vanilla

Bake in 350 degree oven. Delicious with beverages or ice cream.

Mrs. S. H. Lacey  
Jewell, Oregon

## NUT CRUNCH COOKIES

1 1/2 c. sifted flour	1/2 c. shortening
1/2 tsp. soda	1/2 c. brown sugar
1 tsp. salt	1/4 c. white sugar

## NUT CRUNCH COOKIES (Continued)

1 egg	1/2 c. chopped nuts
1/2 tsp. vanilla	1/2 c. raisins

Sift together flour, soda and salt. Cream shortening, add sugar, egg, and vanilla. Beat well. Add flour mixture, mix well. Add nuts and raisins. Drop by spoonfuls on ungreased pan. Press down with fork which has been dipped in cold water. Bake in moderate hot oven.

Mrs. Gertrude Lacey

## QUICK NUTRITIOUS SNACK COOKIES

Place these ingredients all together in large mixing bowl:

1/2 c. white or brown sugar	1 c. dry, low-fat milk
2 c. biscuit mix	1 pkg. any "butter" cake mix

Stir together well and add 1, 2, 3 or 4 whole eggs, according to the amount of protein desired. Add coconut, nuts, raisins, chocolate bits, at will.

Use cold water to mix to right cookie-dough consistency, either for dropping on greased pan, or shaping into a roll for slicing. Bake at 350 degrees. A roll can be wrapped and stored in refrigerator for later baking.

Blanche Brown  
(Friend of Florence Hickey)

## EASY-DO CHINESE CHEWS

1 c. chopped walnuts	1/4 tsp. almond extract
1 c. chopped dates	1/4 c. milk
1 c. sugar	3/4 c. flour
1 tsp. baking powder	2 eggs
1/4 tsp. salt	

Put dry ingredients into mixing bowl. Combine eggs, milk, extract and add to dry mixture. Add nuts and dates. Pour into well greased cake pan, 9x9 inches, and bake 30-35 minutes at 375 degrees. When baked cut into squares and sprinkle with powdered sugar.

Dorothy Stewart Giller  
(Lois S. Rawls Sister)

## DEVIL'S FOOD CAKE

### Light Part:

1 c. sugar	2 c. flour, sifted
1/2 c. butter	1 tsp. soda, dissolved
2 eggs	1 tsp. vanilla
1/2 c. sweet milk	1 c. chopped nuts

### Dark Part:

1 c. brown sugar	3/4 c. sweet milk
1 c. chocolate, Baker's cocoa	1 egg

Cook until creamy. Cool and add to first mixture.  
Edna Marshall

## BANANA CAKE WITH CRUMB TOPPING

1/2 c. butter or margarine	1 1/2 c. sugar
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Blend together. Add 2 eggs, slightly beaten. Mix together:

1 1/2 c. flour	1 tsp. vanilla
1/2 tsp. salt	1 tsp. baking soda dissolved in
1/2 tsp. mace or nutmeg	3 Tbsp. sour milk
1 c. mashed ripe bananas	

Mix all together and spread in well greased 9x9 inch pan. Sprinkle over batter a topping made of corn flakes rolled very fine:

1 c. flakes	1/2 tsp. cinnamon
1 Tbsp. butter or margarine	1/2 c. chopped nut meats

Bake about 45 minutes in 350 degree oven. Top with a generous helping of whipped cream. (A Tewksbury favorite).  
Mrs. Sidney Tewksbury

## KRAZY CAKE

2 1/4 c. flour	3/4 tsp. salt
1 1/2 c. sugar	1 1/2 tsp. soda
5 Tbsp. cocoa	



## KRAZY CAKE (Continued)

Sift together into ungreased pan 13x9 inches.

1 1/2 tsp. vanilla

1/2 c. plus 1 Tbsp. Wesson oil

Make three holes. No. 1 add Wesson oil; No. 2 add vanilla; No. 3 add 1 1/2 Tbsp. vinegar. Over all pour 1 1/2 cups cold water. Mix with a fork, do not beat. Bake at 350 degrees for 30 to 35 minutes.

Alta Heimuller

St. Helens, Oregon

## RENA'S CHOCOLATE CAKE

1. Beat together until light and creamy:

2 c. brown sugar

2 eggs

1/2 c. shortening

2. Mix together with a fork until it forms a smooth paste:

1/4 c. ground chocolate  
or cocoa (Hershey)

hot water

3. Add chocolate mixture and 1 tsp. vanilla to egg mixture.

4. Alternately add:

2 c. sifted flour, sifted  
with 1 tsp. soda and 1/2 tsp. salt

1 c. milk

5. Bake at 350 degrees in two nine inch greased cake pans for 25-30 minutes.

6. Turn out - cool. Frost with Seven Minute frosting.  
Barbara Nydegger

## APRICOT CAKE

1 can apricots

1 jelly roll

1/2 c. sugar (for jam)

Force apricots through strainer to make the puree.

1 1/2 Tbsp. unflavored  
gelatin

1/4 c. water

Soak gelatin in water.

## APRICOT CAKE (Continued)

2 c. apricot puree	1/4 c. orange juice
1 Tbsp. grated orange rind	1 c. cream, whipped
3/4 c. sugar	2 egg whites
2 Tbsp. lemon juice	2 Tbsp. sugar

Combine apricot puree, orange rind and sugar. Heat to boiling point and simmer until sugar is melted. Remove from heat and stir in gelatin. Add orange and lemon juice to cool and thicken. Beat egg whites to stiff froth, adding sugar gradually. Whip cream. Fold cream in mixture, and last of all, fold in egg whites. Slice jelly roll lightly; grease mold and place cake around edge and fill center with mixture. Chill for several hours and top with whipped cream when serving.

Ida Taylor

## ORANGE VELVET ICE BOX CAKE

1 Tbsp. gelatin	2 eggs
3 Tbsp. cold water	3/4 c. orange juice
1 c. unsweetened con- densed milk diluted with 1 c. water	1 tsp. orange rind, grated
2 Tbsp. cornstarch	2 doz. lady fingers or one sponge cake
1 c. sugar	2/3 c. condensed milk chilled to ice-crystal stage for whipp- ing

Soften gelatin in cold water. Scald 1 and 3/4 cups diluted milk in double boiler. Mix cornstarch and sugar; add to hot milk and cook 10 minutes, stirring constantly. Add slightly beaten eggs combined with remaining 3/4 cup diluted milk. Cook a few minutes longer, stirring constantly. Remove from heat. Stir in softened gelatin. Add orange juice and rind. Line a spring form with lady fingers or 1/2 inch fingers of sponge cake. Fill with alternate layers of cooked mixture and fingers. Arrange fingers on top. Chill a few hours. Serve with whipped cream made from condensed milk. Garnish with cherries or sliced oranges. Serves 8 to 10.

Gertrude McMichael

## CHOCOLATE REFRIGERATOR CAKE

2 sq. unsweetened chocolate	1/2 c. butter
1/4 c. water	1 c. Jack Frost 4x confectioners sugar
4 eggs, separated	lady fingers or sponge cake strips

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## CHOCOLATE REFRIGERATOR CAKE (Continued)

Melt chocolate in top of double boiler, add water and beaten egg yolks. Cook over boiling water until mixture is thick and smooth, stirring constantly. Cool. Cream butter until soft; add Jack Frost 4x sugar gradually and cream together until smooth. Add to chocolate mixture and blend thoroughly. Fold in stiffly beaten egg whites. Line a loaf pan with wax paper and lady fingers or sponge cake strips. Cover with layer of chocolate mixture. Repeat in layers until ingredients are used, topping with lady fingers. Chill in refrigerator 12 hours. To serve, turn onto platter, remove wax paper and cut in slices, and garnish with whipped cream. Serves 8. Powdered sugar will not give this uncooked cake filling the creaminess it should have; be sure to use Jack Frost 4x sugar.

Agnes McMichael

## PINEAPPLE REFRIGERATOR CAKE

2 c. sifted flour	1/2 c. shortening
1 1/4 c. sugar	1 c. less 2 Tbsp. canned
5 tsp. baking powder	pineapple juice
1 tsp. salt	1 tsp. vanilla
1 tsp. grated lemon rind	3 egg whites

Sift dry ingredients together in bowl. Add lemon rind, shortening, vanilla and juice. Beat 2 minutes at low speed, scraping bowl and beater. Add egg whites, beat 2 minutes more. Bake in 2 square 8x8 inch pans at 360 degrees for 25 to 30 minutes. Chill layers and split in half. Beat 1 1/2 cups heavy cream sweetened with 1/4 cup sugar. Spread layers of whipped cream and pineapple filling between layers and cover top and sides with whipped cream.

### Pineapple Filling:

3/4 c. sugar	1/4 c. lemon juice
2 1/2 Tbsp. cornstarch	grated rind of 1 lemon
1/8 tsp. salt	1/2 c. pineapple juice
3 egg yolks	2 Tbsp. butter

Cook 15 minutes in double boiler or until well done. Cool. Keep in refrigerator. Will get better every day. Keeps several days.

Ethel Kearsley  
St. Helens, Oregon



## ROYAL ANN CHERRY CAKE

2 c. sugar	1/2 c. milk
1/2 c. butter or margarine	1 tsp. nutmeg
3 eggs	1 tsp. cinnamon
3 c. flour, sift before measuring	1 tsp. soda
1 qt. drained and sweetened cherries (best to let cherries drain 2 hours)	1 tsp. vanilla
	1/2 Tbsp. cloves
	2 tsp. baking powder

Cream butter and sugar, add beaten yolks. Sift flour 3 times with dry ingredients. Add alternately with milk to creamed mixture. Add cherries and vanilla. Lastly fold in beaten egg whites (stiff). Bake in three layers or a large loaf pan at 375 degrees for 35 minutes.

Mrs. Henry Rierson  
Jewell, Oregon

## HOT MILK CAKE

1 c. sifted all purpose flour	1 tsp. vanilla
1 tsp. baking powder	2 eggs
1/2 c. milk	1 c. sugar
1 Tbsp. butter or margarine	dash of salt

### Topping:

2/3 c. brown sugar	4 Tbsp. cream
1/3 c. melted butter or margarine	1/2 c. coconut or walnuts

Sift flour and baking powder together. Scald milk; add butter and vanilla. Beat eggs until thick and foamy, about 3 minutes; gradually add sugar, beat well. Add salt and beat about 4 minutes longer. Quickly add sifted flour mixture, stir until just mixed. Stir in hot milk mixture. Bake in 9x1 1/2 inch pan in 350 degree oven about 35 minutes.

Topping: Combine ingredients and spread on warm cake. Put under broiler until frosting caramelizes.

Sylvia A. Hurd

## SANPETE COUNTY STARCH CAKE

6 eggs, separated	1 c. sifted potato starch
1 c. sugar	2 tsp. double acting baking powder



## SANPETE COUNTY STARCH CAKE (Continued)

1/4 tsp. salt  
3 Tbsp. water

1 tsp. lemon or vanilla extract

Beat eggs until they are a pale yellow color; slowly add sugar a little at a time and beat well; add water. Beat thoroughly. Beat eggs until stiff but not dry and fold into the mixture, with flavoring. Pour batter into a 9 inch tube pan. Bake in a slow oven, 300 degrees, for one hour.

Mrs. R. D. Buchanen  
Richfield, Utah

## CHOCOLATE POTATO CAKE

2/3 c. butter or short-  
ening  
2 c. sugar  
1 c. hot mashed potatoes,  
unseasoned  
1/2 c. sweet milk  
2 c. cake flour (or all  
purpose or mixed)  
2 tsp. baking powder

1/4 tsp. salt  
1/2 c. Ghiradelli's ground  
chocolate  
1 tsp. cinnamon  
1 tsp. cloves  
1/2 tsp. nutmeg  
1 c. chopped nuts  
4 eggs, separated  
1 tsp. vanilla or almond  
extract (optional)

Cream butter and sugar, add beaten egg yolks and hot mashed potatoes. Sift together dry ingredients 3 times and add alternately with milk. Add nuts and stiffly beaten egg whites. Bake in three greased layer pans, or in 13x9 inch oblong pan about 30 minutes at 350 degrees. By adding a little more flour to batter, this cake may be baked in angel cake tube pan at slightly lower temperature for approximately 45 minutes to 1 hour. Ice as desired. Fluffy white icing suggested for layers and browned butter frosting for oblong or loaf cake.

Agnes A. Eriksen

## DEVIL'S FOOD CAKE

1/2 c. butter  
2 c. sugar  
3 eggs  
1 c. sour milk  
2 1/2 c. sifted flour  
1 tsp. baking powder (rounded)

2/3 c. cocoa dissolved in 1/2  
c. boiling water  
1/4 tsp. salt  
1 tsp. vanilla  
1 tsp. soda

Sift flour, soda, baking powder and salt. Cream shortening, slowly beat in sugar. Add beaten egg yolks, vanilla;

## DEVIL'S FOOD CAKE (Continued)

add cocoa. Add flour mixture alternately with milk. Fold in stiffly beaten egg whites. Pour into 2 greased layer cake tins. Bake 25 minutes in a 345 degree oven, or use greased 9 inch square tin and bake 45 minutes in a 350 degree oven.

### Ice with Seven Minute Frosting:

2 egg whites, unbeaten	1 tsp. vanilla
1 1/2 c. sugar, finely sifted	1/2 tsp. cream of tartar
5 Tbsp. cold water	2 tsp. light corn syrup
	few grains salt

Combine ingredients in top of double boiler. Stir until sugar dissolves, then place over briskly boiling water. Beat with egg beater until stiff enough to stand up in peaks (6 to 10 minutes). Add vanilla. Beat until thick enough to spread. During cooking keep sides of double boiler clean. With electric beater, process as little as 4 minutes.

Mrs. Mamie Eisenhower's favorite cake.  
(unsigned)

## CRANBERRY FRILLY CAKE

Basic white cake recipe - ingredients room temperature. Cream until light and fluffy:

1/3 c. butter or shortening	1 c. sugar, add gradually
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Add 2 unbeaten eggs, one at a time, beating well after each addition. Add:

1 tsp. vanilla	1/4 tsp. lemon extract, optional
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### Sift together:

2 c. sifted flour	3 tsp. baking powder
1/2 tsp. salt	

3/4 c. milk

Add milk alternately with dry ingredients to creamed mixture, beginning and ending with dry ingredients. Blend thoroughly after each addition. (Low speed on electric mixer).

1 1/2 c. raw whole cranberries

## CRANBERRY FRILLY CAKE (Continued)

Fold cranberries into batter. Pour into well-greased and floured shallow loaf pan and bake at 350 degrees for 30-40 minutes.

Filling: Use your own favorite lemon filling recipe or package of lemon pie and pudding mix. Spread cooled filling on top of cooled cake and over all spread meringue topping generously. Brown lightly in moderate oven. This makes a colorful as well as delicious party dessert.

Laura Anderson

## PUMPKIN SPICE CAKE

3 eggs	1/4 tsp. ginger
2 1/4 c. sugar	2 c. sour cream
3 c. cake flour	1 1/2 tsp. soda
1 tsp. cinnamon	1 1/2 tsp. baking powder
1/2 tsp. nutmeg	1 c. pumpkin
1/4 tsp. cloves	1/2 c. chopped nuts

Combine all ingredients except eggs and beat 2 minutes in electric mixer at medium speed. Add eggs and beat 2 minutes more. Bake in two 9 inch layer pans for 30 minutes at 340 degrees.

Magdalene Nordmark

## STUFFED DATES CONFECTION

1 lb. dates	1 pkg. Dot chocolate
1/4 lb. walnuts	

Grind nuts and dates together. Mix well and roll into small balls. Dip in the melted chocolate.

A wonderful Christmas confection.

Editha Booth

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\*\* EXTRA RECIPES \*\*

# DESERTS

## FOODS TO SERVE 25 PEOPLE

Cream for Coffee.....	1½ pints
Whipping Cream .....	1 pint
Rolls .....	50
Preserves or Jelly .....	1½ pints
Butter in Squares .....	½ pound
Salad Dressing .....	1 pt. or ½ lb.
Pickles .....	1½ pints
Potatoes, diced or mashed or sweet.....	½ peck
Asparagus, scalloped .....	1 No. 10 can
Carrots, creamed .....	3 No. 2 cans
String Beans .....	5 lbs. or 1 gallon
Beets .....	5 lbs. or 2 No. 10 cans
Cabbage .....	5 lbs.
Lettuce, medium heads for salad cups.....	3 heads
Peas .....	18 lbs. fresh or 4 No. 2 cans
Ham, baked (low heat) .....	8 lbs.
Beef Roast .....	10 lbs.
Pork Roast .....	10 lbs.
Meat Loaf,	
Pork .....	1½ lbs.
Beef .....	3½ lbs.
Swiss Steak .....	10 lbs.
Ice Cream, brick .....	4 bricks
Ice Cream, bulk .....	1 gallon



## DESSERTS

### ANGEL FOOD PIE

2 Tbsp. cornstarch	2 egg whites
1 c. sugar	1 tsp. vanilla
1/2 tsp. salt	1/4 tsp. lemon juice
1 c. boiling water	

Mix sugar, salt and cornstarch and add to boiling water. Cook until thick. Pour over stiffly beaten egg whites, beating all the time. Beat until cool, add flavoring and pour into a baked pie shell, that is lined with bananas or fresh or frozen strawberries. Top with whipped cream.

Mrs. Thomas McCully

### LIME PARFAIT

2 pkg. lime jello	1 large can crushed pineapple
1 qt. vanilla ice cream	1 c. nuts, more if desired

Drain pineapple and use juice in making jello. Let jello set like syrup. Put in large bowl of mixer and beat until fluffy. Add ice cream and beat some more. When well mixed add nuts. Store in refrigerator. Serves 16.

Barbara Olsen  
Warren, Oregon

### STEAMED PUDDING

2 Tbsp. melted fat	1/2 tsp. soda
1/2 c. molasses	1 Tbsp. cinnamon
1/2 c. milk (sweet, sour, skim or dry milk)	1/2 c. raisins
1/2 tsp. salt	2 c. flour

Mix ingredients in the order given, sifting dry ingredients together. Fill well-greased baking powder tins two-thirds full of the mixture. Cover tightly. Cook in boiling water for 2 hours or more. Serve hot with lemon sauce.

This is a tasty, economic steamed pudding. Other fruit can be used in place of raisins.

Leona Evans

### "MART'S DESSERT"

1 c. rice	4 c. water
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Cook rice until done in water. Cool completely.

## "MART'S DESSERT" (Continued)

Add:

1 pkg. strawberries  
and juice

1/2 c. cream, whipped and  
sweetened with sugar and  
vanilla to taste

Marvel Kearsley  
(Alice Mecham's sister)

### CARROT STEAMED PUDDING (the late Edna Hardesty's recipe)

Grind and mix:

1 c. carrots  
1 c. potatoes

1 c. raisins  
1 c. sugar

Add and mix:

1 c. flour  
1 tsp. salt  
1 tsp. allspice

1 tsp. cinnamon  
1 tsp. nutmeg

Mix all until moist and put in greased covered can  
and steam 3 hours in moderate oven.

Sauce:

1 1/2 c. brown sugar  
1 piece butter  
2 c. water

2 tsp. cornstarch  
1 tsp. vanilla

Mix cornstarch in water and add other ingredients.  
Simmer.

Janet Teevin

### PEACH COBBLER

4 c. drained, canned sliced peaches

Add:

1/2 c. sugar

dash of nutmeg and cinnamon

Sift together:

## PEACH COBBLER (Continued)

1 1/2 c. flour

1/4 tsp. salt

1/4 c. sugar

2 tsp. baking powder

Cut in 1/4 cup shortening. Add:

1 egg, beaten

3/4 c. milk

1/2 tsp. vanilla

Place fruit mixture in greased oblong Pyrex dish or casserole; pour batter over fruit and bake at 375 degrees for 45 to 55 minutes. Serve warm.

Annette Mariels

Portland, Oregon

## FRUIT BOWL ICE (A Glamorous Dessert)

Prepare a large bowl of cut-up fruit: oranges, grapefruit, bananas, pineapple, pears, maraschino cherries.

Sprinkle with lemon juice and sugar to taste. Store in covered dish in the refrigerator to chill. Just before serving, place a quart of lime or pineapple sherbet in your best silver bowl, and pour fruit over the sherbet and sprinkle it all with a little lemon juice. Place bowl on tray and surround it with sherbet glasses. Do not fret if the sherbet melts.

Helena S. Sabourin

## CHOCOLATE FLUFF DESSERT

12 marshmallows

1 small can chocolate  
syrup

1 cube margarine

1 c. powdered sugar

3 eggs, separated

1 c. chopped nuts

1 tsp. vanilla

salt

Cut up marshmallows in small pieces, cover with syrup and let stand. Cream butter and sugar, add yolks one at a time. Beat well, add nuts, vanilla and salt. Combine with marshmallow mixture. Beat egg whites stiff and fold in. Crush graham crackers or vanilla wafers to make 1 cup. Spread half in 9x9 inch pan. Spoon on mixture and add remaining crumbs on top. Chill several hours. Cut in squares and serve with whipped cream.

Barbara Smith

## HOSTESS DELIGHT

1 egg, well beaten  
3/4 c. sugar  
1 Tbsp. flour  
1 tsp. baking powder

pinch of salt  
1 apple (tart) diced  
1/2 c. broken nut meats

Blend together. Use large pan floured and greased.  
Bake at 375 degrees for 1/2 hour. Cut in squares and serve  
with whipped cream.

Mary Breitmeyer

## FRUIT COCKTAIL TORTE

Mix:

1 c. flour  
1 c. sugar

1 tsp. soda  
1/2 tsp. salt

Add:

1 can (pound) fruit  
cocktail, not drained

1 egg

Mix all together. Pour into greased 8x12 inch pan  
and sprinkle over top:

1/2 c. brown sugar

1/2 c. chopped nuts

Bake at 350 degrees for 35 minutes. Serve warm or  
cold with whipped cream.

Barbara Jeter

## APPLE TORTE

3/4 c. white sugar  
1 egg, well beaten  
3 1/2 Tbsp. flour  
1 Tbsp. baking powder  
1/4 tsp. salt

1/2 c. chopped walnuts, or  
pecans  
1 1/2 tsp. vanilla  
1 apple sliced thin as for pie  
(peeled)

Sift together flour, baking powder and salt. Add  
sugar and vanilla to beaten egg. Beat well. Add dry ingredients,  
apple and nuts to liquid mixture. Mix well and bake 3/4 hour  
in a well-buttered pie tin. Can be cut as pie and served with  
whipped cream or a scoop of vanilla ice cream. Serves 4.

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AND

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WA. 1-2261

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COMPLIMENTS OF A FRIEND

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## FILLED FRUIT DUMPLINGS

(This recipe has been handed down in Mrs. Bany's family for generations and came to them from the King's palace, Austria, where Mrs. Bany's great-grandmother was a housekeeper to the royal family.)

Use unsweetened bread dough to make these dumplings.

### Filling:

2 c. fresh or drained canned fruit cut in small pieces	1/2 c. sugar 1 Tbsp. flour
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Thoroughly mix fruit, sugar and flour.

Cut approximately 10 pieces of dough size of small fist. Pull dough apart and put 2 Tbsp. filling inside. Gather up edges of dough and pinch together to keep filling in. Dust with flour to keep from sticking on board. Let rise for 15 minutes. Fill a large kettle 1/2 full of water and bring to boil, adding a little salt. Place dumplings in boiling water, cover kettle and boil 10 to 12 minutes. While dumplings are cooking make sauce.

### Honey Sauce:

3/4 cube butter or margarine	few grains of salt
2/3 c. strained honey	2/3 c. light cream
1/4 c. sugar	1 tsp. cornstarch

Melt butter in saucepan over medium heat. Add sugar, honey and salt and heat until it reaches bubbly stage. Then add cream and cornstarch. Pour sauce into baking dish. Remove dumplings from water and place them in sauce and bake in moderate oven for about 10 minutes. (The sauce may be cooked in oven in baking pan, if so desired.)

Helen Bany

## SUET PUDDING

1 c. chopped raisins	1/2 c. brown sugar
1 c. chopped suet	1 Tbsp. molasses
1 c. milk - if sour, use 1 tsp. soda; if sweet, use 1 tsp. baking powder	1/4 tsp. cinnamon
1/2 c. white sugar	1/4 tsp. nutmeg
	dash of cloves
	1 tsp. salt

## SUET PUDDING (Continued)

2 eggs  
1/4 c. rye flour

1/4 c. corn meal  
white flour - as much as you can  
stir in, make quite stiff

Put in greased cans or pans and steam until done,  
small puddings from 1 to 2 hours and large puddings from 2 to  
3 hours.

Phyllis Gronnel  
Jewell, Oregon

## DATE PUDDING

2 c. walnuts, chopped  
2 Tbsp. flour  
6 egg yolks, beaten  
2 c. dates, cut up

1 1/2 c. sugar  
6 egg whites, beaten  
1/2 c. bread crumbs  
1/2 tsp. baking powder

Mix all together except egg whites. Add last,  
folding in carefully. Put in double boiler and steam for 2 1/2  
hours. Serve hot with whipped cream.

Edith Y. Booth  
Provo, Utah

\*\* EXTRA RECIPES \*\*

JELLY, CANDY  
PRESERVES

# *Take time* *for 10 things*

**1 Take time to Work—**

it is the price of success.

**2 Take time to Think—**

it is the source of power.

**3 Take time to Play—**

it is the secret of youth.

**4 Take time to Read—**

it is the foundation of knowledge.

**5 Take time to Worship—**

it is the highway of reverence and washes  
the dust of earth from our eyes.

**6 Take time to Help and Enjoy Friends—**

it is the source of happiness.

**7 Take time to Love—**

it is the one sacrament of life.

**8 Take time to Dream—**

it hitches the soul to the stars.

**9 Take time to Laugh—**

it is the singing that helps with life's loads.

**10 Take time to Plan—**

it is the secret of being able to have time  
to take time for the first nine things.

## JELLY, CANDY, PRESERVES

### NEVER FAIL FUDGE

2 c. sugar	3 Tbsp. cocoa
2 Tbsp. butter	1 tsp. vanilla
1/3 c. Karo syrup	few grains of salt
1/2 c. milk	1 c. nut meats

Melt butter in pan. Add sugar, cocoa and salt. Blend well, add Karo and milk and boil for 3 minutes. Remove from fire and cool slightly. Beat until it begins to thicken.

Add nut meats and vanilla. Pour into a shallow plate and knead it with a knife (hand works better). Shape in a loaf and wrap in oil paper or damp cloth and put in cool place.

Slice when wanted.

Mary Breitmeyer

**\*\* EXTRA RECIPES \*\***

**\*\* EXTRA RECIPES \*\***



*Write Extra Recipes Here*

*Write Extra Recipes Here*

# CALORIE COUNTERS

## BEVERAGES

Carbonated Water .....		xxx c.
Coffee, black, unsweetened.....		xxx c.
Cocoa, All Milk .....	1 cup.....	230 c.
Cola Beverages .....	1 sm. glass.....	100 c.
Lemonade .....	1 sm. glass.....	75 c.
Tea, plain, unsweetened.....	1 cup .....	xxx c.

## BREADS, CRACKERS, ROLLS, ETC.

Gluten Bread .....	1 slice .....	30 c.
Raisin Bread .....	1 slice .....	100 c.
Rye Bread .....	1 slice .....	70 c.
Enriched White Bread.....	1 slice .....	65 c.
Melba Toast .....	1 slice .....	25 c.
Whole Wheat Bread.....	1 slice .....	75 c.
Baking Powder Biscuits.....	1 large or 2 small.....	100 c.
Saltines.....	1 double.....	40 c.
Soda Crackers .....	1 .....	25 c.
Bran Muffin .....	1 .....	50 c.
Corn Bread.....	1 small square.....	130 c.
French Hard Roll.....	1 small.....	80 c.
French Toast .....	1 slice.....	130 c.
Gingerbread .....	1 slice.....	150 c.

## CANDIES

Chocolate Bar - Nut .....	1 .....	400 c.
Chocolate Bar - Plain.....	1 .....	350 c.
Chocolate Cream .....	1 .....	100 c.
Mints .....	5 very small.....	7 c.
Popcorn, Plain .....	1 cup.....	65 c.
English Toffee .....	1 .....	25 c.

## CEREALS

Corn Flakes .....	1 cup.....	132 c.
Cream of Wheat .....	$\frac{3}{4}$ c. ....	100 c.
Oatmeal .....	$\frac{3}{4}$ c. ....	100 c.
Shredded Wheat, biscuit.....	1 .....	100 c.

## DAIRY PRODUCTS AND EGGS

Butter.....	1 level Tbsp.....	100 c.
American Cheese.....	1 cube $1\frac{1}{8}$ inch.....	100 c.
Cream.....	1 Tbsp.....	30 c.
Cream, whipped.....	1 Tbsp., heaping.....	50 c.
Eggs, boiled .....	1 average.....	70 c.
Eggs, fried .....	1 with 1 tsp. butter.....	110 c.
Egg white .....	1 .....	14 c.
Egg Yolk .....	1 .....	56 c.
Buttermilk.....	1 c.....	88 c.
Whole Milk.....	1 cup.....	170 c.
Oleomargarine .....	1 level Tbsp.....	100 c.

## DESSERTS

Angel Food Cake with Icing	average slice	150 c.
Chocolate Cake — 2 layers	average slice	350 c.
Cup Cake, plain	1	100 c.
Fruit Cake	average slice	350 c.
Shortcake, with fruit	average slice	300 c.
Chocolate Cookie	1	125 c.
Ice Box Cookie	1	150 c.
Chocolate Ice Cream	1½ cup	250 c.
Sodas — all flavors	1 glass	350 c.
Vanilla Ice Cream	1½ cup	100 c.
Lemon Ice	1½ cup	110 c.
Chocolate Eclair	1 small	150 c.
Cream Puffs	1	250 c.
Apple Pie	1 6 of pie	350 c.
Berry Pie — all kinds	1 6 of pie	350 c.
Custard Pie	1 6 of pie	150 c.
Pumpkin Pie	1 6 of pie	150 c.
Bread Pudding	1½ cup	150 c.
Jello — all flavors	1 cup	75 c.
Tapioca Pudding	1½ cup	200 c.

## FISH AND SEAFOODS

Haddock	average helping	100 c.
Halibut	average helping	115 c.
Lobster	1½ cup	125 c.
Oysters	1⅓ cup	50 c.
Perch	3 medium	80 c.
Salmon (canned)	1½ cup	100 c.
Salmon (fresh)	1 slice	100 c.
Sardines	4 3-inches long	100 c.
Scallops	6 large	100 c.
Shrimps	10	50 c.
Trout (brook)	2	75 c.
Tuna (canned)	1½ cup without oil	100 c.

## FLOUR FOODS

Dumplings	1	100 c.
Macaroni and Cheese	¾ cup	280 c.
Noodles (cooked)	1½ cup	60 c.
Pancakes	1	100 c.
Waffles	1	225 c.

## FOWL

Chicken (fried)	1 small thigh or leg	150 c.
Chicken (fried)	1 piece breast	150 c.
Turkey (roast)	1 slice white meat	100 c.
Turkey (roast)	1 slice dark meat	125 c.

## FRUIT

Apple (raw)	1 large	100 c.
Banana	1 medium	100 c.
Cantaloupe	1½ — 5 inches diameter	50 c.
Cranberries (sauce)	1½ cup	100 c.
Dates	3 to 4	100 c.
Grapefruit (unsweetened)	1½	100 c.
Oranges	1 average	80 c.

## MEAT

Bacon (crisp) .....	4 slices .....	100 c.
Hamburger .....	1 patty .....	200 c.
Beef Roast .....	1 slice .....	100 c.
Round Steak (lean) .....	1 piece .....	100 c.
Fried Ham .....	1 piece .....	200 c.
Meat Loaf .....	1 slice .....	150 c.
Pork Chop .....	1 medium, lean .....	200 c.
Spareribs .....	1 piece, 4 ribs .....	150 c.
Frankfurter .....	1 small .....	100 c.

## SALADS

### (Without Dressing)

Cabbage, celery, pineapple .....	average helping .....	70 c.
Cabbage Slaw .....	average helping .....	35 c.
Fruit Gelatin .....	average helping .....	110 c.
Potato .....	average helping .....	220 c.
Tomato and Lettuce .....	average helping .....	35 c.
Waldorf .....	average helping .....	100 c.

## SALAD DRESSINGS

Boiled Dressing .....	1 Tbsp. ....	50 c.
Cream Dressing .....	1 Tbsp. ....	50 c.
French Dressing .....	1 Tbsp. ....	75 c.
Mayonnaise .....	1 Tbsp. ....	100 c.
Thousand Island .....	1 Tbsp. ....	175 c.

## SOUPS AND CONSOMMES

Bean (Navy) .....	1 cup .....	200 c.
Bouillon .....	1 cup .....	25 c.
Chicken with Rice .....	1 cup .....	100 c.
Potato .....	1 cup .....	275 c.
Tomato (clear) .....	1 cup .....	50 c.
Vegetable .....	1 cup .....	100 c.

## VEGETABLES

Asparagus (canned) .....	6 stalks .....	50 c.
Beans (baked) .....	1/2 cup .....	300 c.
String Beans .....	1 cup .....	25 c.
Beets (cooked) .....	1/2 cup .....	45 c.
Cabbage (raw) .....	1 cup .....	25 c.
Cabbage (cooked) .....	1 cup .....	25 c.
Carrots (cooked) .....	1/2 cup .....	35 c.
Carrots (fresh) .....	1 cup .....	50 c.
Corn (on cob) .....	1 ear .....	60 c.
Lettuce .....	1 large head .....	50 c.
Peas (canned) .....	1/2 cup .....	55 c.
Potatoes (french fried) .....	4 pieces .....	100 c.
Potatoes (mashed) .....	1/2 cup .....	100 c.
Sweet Potatoes .....	1 small .....	150 c.
Radishes .....	5 .....	15 c.
Sauerkraut .....	1 cup .....	40 c.
Spinach .....	1 cup .....	40 c.
Tomatoes (raw) .....	1 .....	35 c.
Tomatoes (stewed) .....	1/2 cup .....	65 c.

## DESSERTS

Angel Food Cake with Icing	average slice	150 c.
Chocolate Cake — 2 layers	average slice	350 c.
Cup Cake, plain	1	100 c.
Fruit Cake	average slice	350 c.
Shortcake, with fruit	average slice	300 c.
Chocolate Cookie	1	125 c.
Ice Box Cookie	1	150 c.
Chocolate Ice Cream	1½ cup	250 c.
Sodas — all flavors	1 glass	350 c.
Vanilla Ice Cream	1½ cup	100 c.
Lemon Ice	1½ cup	110 c.
Chocolate Eclair	1 small	150 c.
Cream Puffs	1	250 c.
Apple Pie	1/6 of pie	350 c.
Berry Pie — all kinds	1/6 of pie	350 c.
Custard Pie	1/6 of pie	150 c.
Pumpkin Pie	1/6 of pie	150 c.
Bread Pudding	1½ cup	150 c.
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Oysters	1/3 cup	50 c.
Perch	3 medium	80 c.
Salmon (canned)	1½ cup	100 c.
Salmon (fresh)	1 slice	100 c.
Sardines	4 3-inches long	100 c.
Scallops	6 large	100 c.
Shrimps	10	50 c.
Trout (brook)	2	75 c.
Tuna (canned)	1½ cup without oil	100 c.

## FLOUR FOODS

Dumplings	1	100 c.
Macaroni and Cheese	¾ cup	280 c.
Noodles (cooked)	1½ cup	60 c.
Pancakes	1	100 c.
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## FOWL

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Chicken (fried)	1 piece breast	150 c.
Turkey (roast)	1 slice white meat	100 c.
Turkey (roast)	1 slice dark meat	125 c.

## FRUIT

Apple (raw)	1 large	100 c.
Banana	1 medium	100 c.
Cantaloupe	1½ — 5 inches diameter	50 c.
Cranberries (sauce)	1½ cup	100 c.
Dates	3 to 4	100 c.
Grapefruit (unsweetened)	1½	100 c.
Oranges	1 average	80 c.



## MEAT

Bacon (crisp) .....	4 slices .....	100 c.
Hamburger .....	1 patty .....	200 c.
Beef Roast .....	1 slice .....	100 c.
Round Steak (lean) .....	1 piece .....	100 c.
Fried Ham .....	1 piece .....	200 c.
Meat Loaf .....	1 slice .....	150 c.
Pork Chop .....	1 medium, lean .....	200 c.
Spareribs .....	1 piece, 4 ribs .....	150 c.
Frankfurter .....	1 small .....	100 c.

## SALADS

### (Without Dressing)

Cabbage, celery, pineapple .....	average helping .....	70 c.
Cabbage Slaw .....	average helping .....	35 c.
Fruit Gelatin .....	average helping .....	110 c.
Potato .....	average helping .....	220 c.
Tomato and Lettuce .....	average helping .....	35 c.
Waldorf .....	average helping .....	100 c.

## SALAD DRESSINGS

Boiled Dressing .....	1 Tbsp. ....	50 c.
Cream Dressing .....	1 Tbsp. ....	50 c.
French Dressing .....	1 Tbsp. ....	75 c.
Mayonnaise .....	1 Tbsp. ....	100 c.
Thousand Island .....	1 Tbsp. ....	175 c.

## SOUPS AND CONSOMMES

Bean (Navy) .....	1 cup .....	200 c.
Bouillon .....	1 cup .....	25 c.
Chicken with Rice .....	1 cup .....	100 c.
Potato .....	1 cup .....	275 c.
Tomato (clear) .....	1 cup .....	50 c.
Vegetable .....	1 cup .....	100 c.

## VEGETABLES

Asparagus (canned) .....	6 stalks .....	50 c.
Beans (baked) .....	1/2 cup .....	300 c.
String Beans .....	1 cup .....	25 c.
Beets (cooked) .....	1/2 cup .....	45 c.
Cabbage (raw) .....	1 cup .....	25 c.
Cabbage (cooked) .....	1 cup .....	25 c.
Carrots (cooked) .....	1/2 cup .....	35 c.
Carrots (fresh) .....	1 cup .....	50 c.
Corn (on cob) .....	1 ear .....	60 c.
Lettuce .....	1 large head .....	50 c.
Peas (canned) .....	1/2 cup .....	55 c.
Potatoes (french fried) .....	4 pieces .....	100 c.
Potatoes (mashed) .....	1/2 cup .....	100 c.
Sweet Potatoes .....	1 small .....	150 c.
Radishes .....	5 .....	15 c.
Sauerkraut .....	1 cup .....	40 c.
Spinach .....	1 cup .....	40 c.
Tomatoes (raw) .....	1 .....	35 c.
Tomatoes (stewed) .....	1/2 cup .....	65 c.

## SUGARS

Beet .....	1 tsp. ....	25 c.
Brown .....	1 tsp. ....	17 c.
Cane (granulated) .....	1 tsp. ....	25 c.
Powdered .....	1 Tbsp. ....	35 c.

## JUICES

Grape Juice .....	1/2 cup .....	70 c.
Grapefruit Juice .....	1 cup unsweetened.....	100 c.
Orange Juice .....	1/2 cup .....	55 c.
Pineapple Juice .....	1/2 cup .....	65 c.
Tomato Juice .....	1/2 cup .....	25 c.

## NUTS

Almonds (salted) .....	10 .....	100 c.
Cashew .....	4 to 5 .....	100 c.
Cocoanut (shredded) .....	3 Tbsp. ....	100 c.
Peanuts (salted) .....	18 .....	100 c.
Pecans .....	12 .....	100 c.
Walnuts .....	10 .....	100 c.

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*Write Extra Recipes Here:*

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